

NON-PHARMACOLOGICAL APPROACH TO REDUCE LDL



DIETARY CHANGES

- **Reduce Carbs:** Pasta, Potato, Rice and bread
- Take low Carbs bread, pasta, Potato, Rice (you can find in big supermarkets) and mix brown and white rice
- Choose healthy fats: Use unrefined cold-press olive oil, avocado, and nuts instead of butter or lard.
- Reduce saturated fats: Found in red meat, full-fat dairy (choose dairies with Saturated fat less than 30%), butter, palm oil.

- **Eliminate trans fats:** Found in processed foods, fried foods, margarine.
- **Increase soluble fiber:** Oats, barley, beans, lentils, fruits (apples, pears), vegetables.
- **Increase intake of omega-3 fatty acids:** Fatty fish (salmon, sardines), flaxseeds, walnuts.

- **No limitations for:** Berries, tomato, cucumber, lettuce and all green vegetables
- Limitation in some fruits like as Corn, Banana (high Carbs fruit)
- You can find a lot of good information about comparison Carbs amount in routine foods at: [//glycemic-index.net/glycemic-index-chart](http://glycemic-index.net/glycemic-index-chart)

PHYSICAL ACTIVITY

- **Exercise regularly:** Aim for at least 150 minutes of moderate-intensity aerobic activity per week (e.g., brisk walking, cycling, swimming).
- **Add resistance training:** 2–3 sessions per week can further help lipid profiles.

WEIGHT MANAGEMENT

- **Lose excess weight:** Even a modest weight loss (5–10% of body weight) can significantly lower LDL.
- **Avoid crash diets:** Focus on long-term, sustainable habits.

MODERATE ALCOHOL (OR AVOID)

- Excess alcohol can increase cholesterol and triglycerides.
- If consumed, keep it moderate:
 - Men: ≤ 2 drinks/day
 - Women: ≤ 1 drink/day

STOP SMOKING

- Quitting smoking improves HDL and reduces LDL oxidation, which contributes to atherosclerosis.